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REPORT FROM THE CONFERENCE INTENSIVE TRAINING WEEK, ISST.

CRACOW - OSIECZANY 2012

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The raining meeting within the framework of Sandplay Therapy, the so-called Intensive Training Week, this time took place in Poland, in the vicinity of Cracow (Osieczany near Myślenice) on 5-10.8.2012. It was attended by more than thirty participants from several countries and almost all continents!

The essence of ITW is to lead an intensive training for people from all over the world, in a short time, by the leading teachers of the Sandplay Therapy technique. In general, it has the character of an international conference, usually preceded by a few days of the ISST board meeting. So it was this time, a three-day board meeting was held in Cracow in the "Wawel" hotel. Both enterprises were organized by the International Society for Sandplay Therapy and Department of Psychotherapy of Jagiellonian University Medical College. ISST is the only global society certifying on the international forum and associating professional national societies. ITW conferences are held every two years, alternating with the general meeting conferences of ISST. The next meeting of ITW is scheduled to be held in Uruguay and ISST conference in Italy.

The lecturers were: Maria Chiaia (USA), Alexander Esterhuyzen (UK/HK), Ulrike Hinsch (Germany), Maria Kendler (Switzerland), Rie Rogers Mitchell (USA), Rosa Napoliello (Italy), Trudy Rankin (USA), Krzysztof Rutkowski (Poland), Sylvia Simonyi (Canada), Lenore Steinhardt (Israel), Milvia Talamini (Italy), Judy Zapacosta (USA).

The participants came from England, Argentina, Australia, China, Denmark, France, Israel, Germany, Norway, Poland, Romania, Switzerland, Sweden, Ukraine, Italy.

Already the first plenary lecture by Lenore Steinhardt entitled *Sandplay setting and its impact on Psyche*, gave a solid foundation for the methodology of this interesting technique (illustrated by numerous photographs of therapeutic offices from around the world, equipped with collections figures and sandtrays). Further information enabling overview of the course of Sandplay Therapy provided in their seminars Sylvia

Simonyi *Edinger's elements in sandplay processes* and Ulrike Hinsch *How does the SELF appear in the sandplay of children*.

Parallel, throughout the whole week, the participants had the opportunity to participate in supervision groups of a very rich, international and multicultural composition and interesting course. A total of 20 meetings were held. In addition, each of the participants had the possibility to arrange one's own individual experience session. Each day of the convention began with Dream Matrix session.

The ISST current President Alexander Esterhuyzen made a difficult and extensive review of many aspects of currently prevailing theories in the psychoanalytic and psychodynamic therapy, in the seminar *Attachment across the life cycle: unconscious patterns for a life time*. Even more impressing size had the two-part (4 hours) presentation - lecture and seminar - by Milvii Talamini *Steps in development of the Ego as described in Neumann 'book, "The Child"*. The morning plenary lecture by Judy Zapacosta referred to perhaps the most important follower of the C. G. Jung thought: *Michael Fordham's work and his theoretical structure of di-integration and re-integration, how it manifests in sandplay process, particularly with children as their build or re-build the ego structure*.

Seminars of Maria Chiaia *The dark night of the soul, suffering and dark radiance* and Lenore Steinhardt *Symbolic mourning in an 8 year old girl* are known to the reporting only from the warm opinions of other participants, due to the increasing involvement of the mentioned supervision group (indeed resembling - in the most positive sense - other supervision groups held in the Polish context, perhaps with the exception of inquiries of cultural diversity resulting from discussing in English, and in the German-Polish-Chinese group treatment provided by a therapist from Romania, working in Norway).

Rosa Napoliello in an extensive lecture: *Theoretical Research on Play: A Comparison between Jung and the authors of the nineteenth and twentieth century*, provided comprehensive elaboration on the theory of play, beginning from the psychological theories of the nineteenth century, throughout all major psychoanalytic approaches (with particular reference to Winnicott), up to Jung and theoreticians of the Sandplay therapy. The author highlighted the similarities and differences between the major representatives of the schools distant from the most important trend of Jungian analysis, retaining clarity of a two-hour lecture.

One of the most practical was the lecture by Rie Mitchell *The nature of Archetype, illustrated with the symbol of bridging* showing on the number of clinical examples (photographs collected from many - more than 20 years) a lot of symbolic images connected with the favorable and less favorable courses of treatment, as well as the author's methods of their describing and interpreting.

Furthermore, Maria Kendler presented the seminar *Searching for identity, peril or success*, and Rosa Napoliello: *In search of the soul: The process of masculine individuation illustrated in a comparison between the process of a young man and that of an elderly man*.

Krzysztof Rutkowski delivered a lecture entitled *Transference and countertransference*, discussing the basics of these phenomena in the therapeutic processes of Sandplay Therapy, illustrated with drawings from *Rosarium Philosophorum*. The second presentation concerned the issues of Somatization and was supported by discussing the clinical case - a few years psychotherapy interspersed with the Sandplay method.

The Polish participants: Gregor Glodek, Mira Marciak, Łukasz Müldner-Nieckowski, Jerzy A. Sobański, Krzysztof Tyczyński also marked their presence through active participation in supervisions and in discussing clinical cases.

A special characteristics of the participants of the ITW group were, rarely encountered even among therapists and researchers, unique kindness, cheerfulness and calmness. Finally, the beautiful surroundings of the meeting must be mentioned - hotel *Pod Dębami (Under the Oak Trees)*, run by Mrs Anna Sosin, picturesquely located in a huge garden, known to some psychotherapists from training groupings organized by the Department of Psychotherapy Jagiellonian University Medical College and approved by the Psychotherapy Research Section of the Polish Psychiatric Association. But that is another story...

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